



# March 2007

## Webb County Head Start NEWSLETTER



Spring Break: 12th --16th

### From the Director's Desk: Aliza Oliveros

The Head Start program underwent a Federal Review from January 28-February 2. The review was a complete success due to all the hard work and dedication of parents, staff, and community leaders. **THANK YOU** and keep up the **EXCELLENT** work!!!!

For the past 42 years, the Head Start program has enabled children of low-income families to be successful in preparing for future responsibilities in school and life. It is important to promote Head Start by sharing your success story with friends, family and the general public. Let's work together to keep the benefits of Head Start around for generations to come.  
Se llevo acabo la revisión del Grupo Federal durante el 28 de Enero al 2 de febrero. La revisión fue un éxito total por el gran trabajo y dedicación de padres, personal, y líderes de la comunidad. GRACIAS y sigan con su trabajo ESTUPENDO!!!!

Por 42 años, los niños de familias de bajos recursos han tenido éxito en enfrentar sus responsabilidades de escuela y de sus vidas por medio del programa de Head Start. Es muy importante que la comunidad de Head Start promueva el programa compartiendo sus experiencias exitosas con el público en general. Trabajemos juntos para mantener los beneficios que Head Start provee por muchas generaciones más.



### **PARENT INVOLVEMENT**

We would like to thank all the parents and staff that participated in the Healthy Marriage Conference. We also extend our gratitude to Mr. Vicente Molina for making himself available to benefit our Head Start program families and staff.

Linda M. Payne



### March 7-Executive Committee meeting

Time: 9:30 a.m.-12:00 p.m.  
Date: Maternal Depression  
Place: Little Palominos, West End Washington

**22-Policy Council meeting** at 10:00 a.m. at Main Office, 5904 West Drive, Plaza de Oro

**23- NO CLASSES / STAFF DEVELOPMENT**

**26-** "April as Head Start Month"

Proclamation at the Commissioner's Court.

**31-Fatherhood Session IV** at Little Palominos

Field trips for this month will be Niños Alegres, Larga Vista, El Cenizo and Sierra Vista.

### \*\*\*BRAG CORNER\*\*\*

#### A Great "Thank You from Parent Involvement"

to all parents volunteering in the classrooms, answering questions for the Federal Team and Policy Council members that helped in our office, Ana Muñoz and Ana Lopez!

Thanks to all parents that attended the Healthy Marriage Conference with Mr. Vicente Molina, Psychology Instructor, Laredo Community College.

Parents are encouraged to attend all parent meetings at their center and to volunteer at least one hour at child's classroom. In-Kind is very important. It is part of Head Start Budget!

**Larga Vista- "Thanks" to Angelica Altamirano** for attending Policy Council meetings. Patricia Flores for obtaining the center T-shirts.

**Tatangelo I-** Special recognition to Reyna Cisneros for all her hard work and great interview with the Federal Team. Angela and Javier Castro keep up the good job attending ESL classes to further your education.

**Villa Alegre**-To Anabel Gamboa, Sonia Ruano, Jessica Silva, Blanca De Anda, Cynthia Jimenez, Sandra Jaime, and Adriana Cardenas, "Thank You" for all your hard work and willingness to volunteer and prepare center activities.

**Special Recognition to:  
Fatherhood Involvement**



## Education Content Area

### “Yo Soy Especial”

I want to take this time to advise you of the lessons that will take place in April. During the month of April from 4/2 to 4/13, the classrooms will be implementing a bilingual, culturally appropriate child abuse prevention curriculum. The early intervention education model will focus on teaching children how to protect themselves against sexual abuse and child abduction.

The curriculum will teach children the importance of good self esteem, healthy “sentimientos” or feelings, and the need to stay healthy and safe! The curriculum contains individual lesson objectives and take home activities. Each lesson is presented in the time frames of 15 minutes. We would like to invite you to the classrooms during this time. Please schedule your visit with the classroom teacher.



Quiero tomar este tiempo para avisarles de unas lecciones que se llevaran acabo en el mes de Abril. Durante las fechas del 2 de Abril al 13 de Abril las clases estarán usando un plan de estudios cultural, bilingüe y apropiado para los niños en como prevenir abuso de niños. Este será un modelo de intervención educacional que servirá para educar a nuestros niños en como reconocer y prevenir el abuso y secuestro de niños.

El plan de estudios les enseñara la importancia de tener una buena auto- estimación “sentimientos” saludables, y la necesidad de estar físicamente saludables y seguros. Este plan contiene lecciones con objetivos individuales y actividades para llevar a casa. Cada lección se presentara en tiempos de 15 minutos. Qui siéramos invitarlos a las clases durante este tiempo. Por favor revisen el horario con sus maestras para su visita en la clase.

*Estela Salazar,  
Director of Education*



## Health

### Tips for Healthy Teeth

Along with daily brushing and flossing, getting regular dental checkups and eating a good diet will help you keep your gums healthy and your teeth free of decay.

See your dentist regularly to have your teeth and gums cleaned and checked.

Get into a routine for brushing and flossing. Brush after meals and floss at least once a day.

Use fluoride toothpaste to help fight decay.

Avoid snacking on sugary foods. Instead eat fruits, vegetables, sugar-free cereals and crackers.

#### **How to Brush:**

Brush after meals, using a soft toothbrush and fluoride toothpaste. Start at one place and work all the way around your mouth. Brush the front, back and top of each tooth. Hold the brush at a 45-degree angle and gently brush the outer area using a circular or back and forth motion.

Brush the inner surface of the back teeth using the same circular or back and forth motion.

Clean the chewing surface using a scrubbing motion. Brush your tongue, then rinse well.

## Salud



### Consejos para unos dientes Sanos

Para unos dientes sanos cepille sus dientes después de cada alimento. Mantenga chequeos dentales regularmente.

Siga una dieta sana y balanceada. Esta dieta ayuda a que los dientes estén libres de caries y una encilla sana.

Visite a su dentista regularmente para la limpieza de dientes y encilla.

Siga una rutina para cepillar y limpiar los dientes después de cada comida.

Use pasta con fluoruro para prevenir caries.

Evite comer comidas que contengan azúcar. Coma frutas, vegetales y cereales sin azúcar.

#### **Como cepillarse sus dientes:**

Cepíllese después de cada comida usando un cepillo suave y una pasta con fluoruro. Comience de un lado a otro y trabaje todo alrededor de la boca, cepille enfrente, detrás y arriba de cada diente.

Mantenga el cepillo a 45° pulgadas y con cuidado cepille lo de afuera de los dientes usando una moción circular de enfrente hacia atrás.

Cepíllese por dentro de los dientes de atrás en una moción circular de enfrente hacia atrás.

Voltee el cepillo usando la punta del cepillo para limpiarse los dientes de arriba hacia abajo.

Limpie la superficie masticable usando una moción circular. Cepille su lengua después y enjuáguese bien.

#### **Cordinadora de Salud**

*Ana Maria Huerta*

# Educational Concepts

Gardening / Jardinería

Planting



Gardening Tools

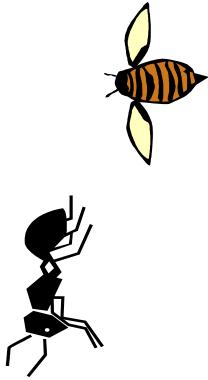


Irrigation

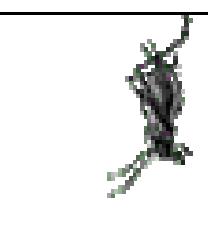


Insects/ Insectos

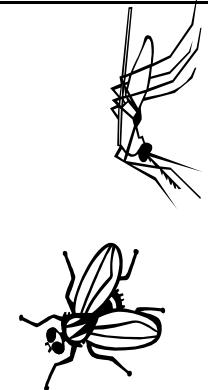
Ants/Bees



Grasshopper/Cricket



Fly/Mosquito



Caterpillar/Butterfly



# Spring Break

Birds/Pájaros

Crow



Sparrow



Pigeon



Parrot

